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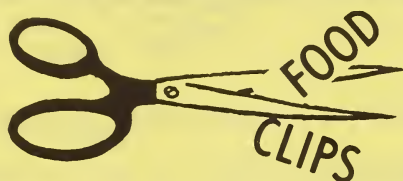
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Food and Home Notes

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Most cornmeal and hominy grits on the market are enriched with thiamine, niacin, riboflavin, and iron, according to U.S. Department of Agriculture home economists. Calcium and vitamin D also may be added to these corn products.

* * *

Cooked bulgar has a nutlike flavor and a slightly chewy texture. You can use bulgar in many of the same ways you use rice.

* * *

Did you know that pasta comes in more than 150 shapes? The range is from the long, thin spaghetti to broad, flat lasagna noodles from elbow macaroni cut in inch pieces to jumbo macaroni shells -- from alphabet noodles to noodle bows and ribbons.

* * *

Use unsweetened puffed corn, puffed wheat or bite-sized shredded wheat, corn, or rice as croutons.

* * *

Lasagna freezes well either before or after baking. Thaw in the refrigerator. Leftover lasagna can also be stored in the refrigerator for a day or two.

"PRICE SPREAD" on meat --
What does that mean ?

In the area of farm-food economics the farm-retail spread for meat means margin--the difference between what the farmer receives for a pound of beef or pork and what the consumer pays at the supermarket.

Spread for meat, according to USDA's Economic Research Service, includes charges for transporting animals to packing plants, slaughtering them, processing and packaging the products, and last, for shipping meat and products to major consuming areas. Each activity involves expenditures for labor, energy, capital, taxes and depreciation of fixed assets. Profits earned by firms and other costs, are included in the price spread or margin reported by USDA.

HUNTERS BEWARE"

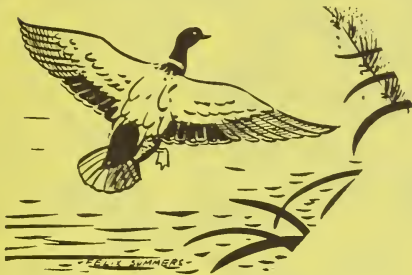
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Whether your hunter is searching for a four-ounce bobwhite or a 2,000-pound moose, food safety is of vital importance--not only in the field, but also in the home. Bacteria can cause a meat spoilage problem in the field, and a food safety hazard in the kitchen.

Most hunters know that if your quarry is stumbling or staggering, making an abnormal amount of noise, appears partially or completely blind, or is unusually aggressive, it may well have rabies or some other disease. Calling a wildlife control officer, at the first opportunity, is the best thing you can do. But, don't bag it warns the Animal and Plant Health Inspection Service of the U.S. Department of Agriculture. Federal meat and poultry inspectors have a classification of animals they call 4-D (dead, dying, diseased, disabled) and if your wild game falls in this category--don't bring it home to your family. The potential risks are enormous.

Once you have the bird (or whatever) firmly in hand, the next step is dressing the game. And that is critical, from the safety standpoint. Clean and chill it as quickly as possible. Warm, freshly killed game is an ideal place for salmonellae and other bacteria responsible for food poisoning and spoilage to grow. Chilling the meat stops their growth cold. If your prize is small, (quail or doves) carry a cooler with you--in the car--and you can cut the birds with clean utensils and drop them right in the ice chest.

Of course, if it's below 35 F. you really don't have that much to worry about. But you can do a number of other things to prevent a problem with your meat. Be sure to wash and sanitize your game bag in chlorine bleach after each use. Carry plastic gloves afield with you, and use them when cleaning game. Keep your hands as clean as possible.

THINK - - FOOD SAFETY in the Field and Home!

When you get the meat home, make sure that the meat or fowl is cooked well-- don't cross-contaminate by using the same platters or utensils for raw and cooked meat without washing between handlings. Wash your hands thoroughly. Don't leave cooked meat sitting out for long periods at a time. If it's hot--keep it hot; cold, keep it cold. Bacteria grow best between 40 and 140 F. Remember, a one time exposure to 155 F kills common strains of Salmonella. And meat that is not to be used immediately should be frozen at once.

Traditionally, holiday time is when hunters like to bag ducks and geese partridges, or venison home from the fields and forests for their dinner fare. It's fine--if you're careful, but game taken afield has a greater chance of bacterial contamination than that bought at your local market. Simple rules such as sanitary conditions, thorough cooking and chilling the meat when obtained are safety rules that make the difference in your holiday. Make plans for food-safe holidays.

COST OF FOOD AT HOME FOR A WEEK (September)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$26.50	\$33.50	\$40.80
Elderly couple.....	21.60	27.80	33.10
Family of 4 with preschool children.....	38.20	48.30	58.30
Family of 4 with elementary school children.....	44.70	56.60	68.90
Individuals*			
Women			
20-34 years.....	11.10	14.10	16.80
35-54 years.....	10.70	13.50	16.10
55 years and over.....	9.00	11.60	13.70
Men			
20-34 years.....	13.00	16.40	20.30
35-54 years.....	12.10	15.20	18.40
55 years and over.....	10.60	13.70	16.40
Children			
1-2 years.....	6.40	8.00	9.50
3-5 years.....	7.70	9.80	11.70
6-8 years.....	9.50	12.00	14.90
9-11 years.....	11.10	14.10	16.90
Girls 12-19 years.....	12.00	15.20	18.00
Boys 12-19 years.....	14.00	17.90	21.30

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.